



## BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 4

### WEEK OF October 3<sup>rd</sup>-7<sup>th</sup>



TIMES	MONDAY 10/3	TUESDAY 10/4	WEDNESDAY 10/5	THURSDAY 10/6	FRIDAY 10/7
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	<u>Art Project</u> Sun Catchers & Computers(1)/ Gym Time: Spud (2)	P/U @ 9:30	Gym Stations: Basketballs, Jump Ropes, Hula Hoops (1)/ Card Games (2)	P/U @ 9:30	Gym Stations: Basketballs, Jump Ropes, Hula Hoops (2)/ Card Games (1)
10:00		Museum of Natural Science 9:30-12:00	<u>Cooking Project</u> Apple Crisp & Computers (1)/ Charades (2)	Adventure Landing 9:30-12:00	<u>Art Project</u> Tissue Paper Fall Leaves( 1) / Kids Choice Gym Games (2)
10:30	<u>Cooking Project</u> Apple Crisp & Computers (2)/ Charades (1)		<u>Art Project</u> Tissue Paper Fall Leaves(2) / Kids Choice Gym Games (1)		
11:00			Grp. 1: Lunch/ Grp. 2: QTA		
11:30	Grp. 2: Lunch/ Grp. 1: QTA	Return @ 12:30	Grp. 1: Lunch/ Grp. 2: QTA	Return @ 12:30	Grp. 1: Lunch/ Grp. 2: QTA
12:00	Gym Game: Nascar (1) / Class. Act.: Best Of & Join the Club (2)	Grp. 1: Lunch/ Grp. 2: QTA	Grp. 2: Lunch/ Grp. 1: QTA	Grp. 1: Lunch/ Grp. 2: QTA	Grp. 2: Lunch/ Grp. 1: QTA
1:00		Grp. 2: Lunch/ Grp. 1: QTA	Gym Game: Ultimate Football (2) / Class. Act.: Lose your Letters (1)	Grp. 2: Lunch/ Grp. 1: QTA	Gym: Spiderball ( 2) / Class. Act.: Four Corners (1)
1:30	Gym Game: Mat Ball (2) / Class. Act.: Good Morning Mr. Judge (1)	Counselors choice Gym Games/ Counselors Choice Classroom Activities	Gym Game: Dragon Tails(1)/ Class. Act.: Concentration ( 2)	<u>Art Project</u> Sea Spiders (1)/ Dance Games (2)	Gym : Cross the Ocean(1) / Class. Act.: Chief (2)
2:00				<u>Art Project</u> Sea Spiders (2) Dance Games (1)	ASX Activities
2:30	Free Draw				
3:00	Snack	Snack	Snack	Snack  Gym Game: Musical Spots	
3:30	Boards Games & Creative Play	Outside Activities/ Playground	Boards Games & Creative Play		
4:00					
4:30-6:00	ASX Activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project



## BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 4

### WEEK OF October 10<sup>th</sup>-14th



TIMES	MONDAY 10/10		TUESDAY 10/11	WEDNESDAY 10/12	THURSDAY 10/13	FRIDAY 10/14				
7:30	BSX Activities 7:00AM-8:45AM									
8:00										
8:30										
9:00	Snack		Snack	P/U @ 8:30 ↑	Snack	Snack				
9:30	P/U @9:30	Counselor's Choice Gym Games (2)	Gym Stations (Basketball, Hula Hoops, Football) (1)/ Card Games (2)	Hillridge Farms 9:30-12:00	Gym Stations (Basketball, Hula Hoops, Football) (2)/ Card Games (1)	Playground				
10:00	Bisque Art 10:00-11:00 ( Group 1)		P/U@ 10:30		Art Project: Fall Paintings & Class. Act.: Categories (1)/ Gym Game: Jailbreak Dodgeball (2)	Art Project: Paper Pumpkins & Comp. (1)/ Gym Game: Cone Dodgeball (2)	Cooking Project: Nacho Cups & Funtime Worksheets (1)/ Gym Game: Battle Ball (2)			
10:30		Bisque Art 11:00-12:00 (Group 2)			Art Project: Fall Paintings & Class. Act.: Categories (2)/ Gym Game: Jailbreak Dodgeball (1)	Art Project: Paper Pumpkins & Comp. (2)/ Gym Game: Cone Dodgeball (1)	Cooking Project: Nacho Cups & Funtime Worksheets (2)/ Gym Game: Battle Ball (1)			
11:00	Return @11:30		Grp. 1: Lunch/ Grp. 2: QTA		Return @ 1:00	Grp. 1: Lunch/ Grp. 2: QTA	Grp. 1: Lunch/ Grp. 2: QTA			
11:30	Lunch	Grp. 2: Lunch/ Grp. 1: QTA						Grp. 1: Lunch/ Grp. 2: QTA	Grp. 2: Lunch/ Grp. 1: QTA	
12:00	QTA	Return @12:30	Gym Game: Soccer Variations (1)/ Class. Act.: Pictionary (2)	Grp. 1: Lunch/ Grp. 2: QTA	Classroom Activities: Stickman (2)/ Word Symphony (1)	Art Project: Fall Picture Frames (2)/ Gym Games: Balloon Volleyball (1)				
12:30	Counselor's Choice Gym Games (1)	Lunch	Gym Game: Soccer Variations (2)/ Class. Act.: Pictionary (1)	Grp. 2: Lunch/ Grp. 1: QTA	Movie: TBA	Art Project: Fall Picture Frames (1)/ Gym Games: Balloon Volleyball (2)				
1:00		QTA					Gym Game: Guard the Castle	Gym Game: Spiderball	Board Games & Creative Play	
1:30		Gym Game: Basketball Variations/ Classroom Activity: Candy BINGO!								
2:00										
2:30										
3:00	Snack		Snack	Snack	Snack	Snack				
3:30	Megabuilders & Playdough		Outside Activities: Playground & Sidewalk Chalk	Gym Game: Guard the Castle	Gym Game: Spiderball	Board Games & Creative Play				
4:00										
4:30-6:00	ASX Activities									

Fieldtrip

Special Program/Movie

Art/Cooking Project



## BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 4

### WEEK OF October 17<sup>th</sup>-21<sup>st</sup>



TIMES	MONDAY 10/17	TUESDAY 10/18	WEDNESDAY 10/19	THURSDAY 10/20	FRIDAY 10/21
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Gym Stations (Basketball, Hula Hoops, Football) (1)/ Board Games (2)	P/U @ 9:30	Gym Stations (Basketball, Hula Hoops, Football) (2)/ Board Games (1)	Monster Mash Day  (see flyer at the front desk for more info.!)	P/U @ 9:30
10:00	Art Project: Monster Bags (1)/ Gym Game: Ketchup & Mustard (2)	AMF Bowling Pleasant Valley 10:00-12:00	Art Project: Spooky Spiders & Comp. (1)/ Fall Trivia (2)		Big E Bounce 10:00-12:00
10:30			Art Project: Spooky Spiders & Comp. (2)/ Fall Trivia (1)		
11:00					
11:30					
12:00	Grp. 1: Lunch/ Grp. 2: QTA	Return @ 12:30	Grp. 1: Lunch/ Grp. 2: QTA		Return @ 12:30
12:30	Grp. 2: Lunch/ Grp. 1: QTA	Grp. 1: Lunch/ Grp. 2: QTA	Grp. 2: Lunch/ Grp. 1: QTA		Grp. 1: Lunch/ Grp. 2: QTA
1:00	Gym Game: All Bases (1)/ Class. Act.: Bingo Dice (2)	Grp. 2: Lunch/ Grp. 1: QTA	Gym Time: Hockey Clinic (1)/ School House Hop (dance) (2)		Grp. 2: Lunch/ Grp. 1: QTA
1:30		Classroom Activity: Let’s Take A Trip: Fair/ Kid’s Choice Gym Games			Gym Time: Hockey Clinic (2)/ School House Hop (dance) (1)
2:00	Gym Game: All Bases (2)/ Class. Act.: Bingo Dice (1)				
2:30					
3:00	Snack	Snack	Snack		Snack
3:30	Gym Game: Steal the Bacon	Outside Activities: Playground & Sidewalk Chalk	Megabuilders & Playdough		Gym Game: Ship, Shore, Deck
4:00					
4:30-6:00	ASX Activities				

Fieldtrip
  Special Program/Movie
  Art/Cooking Project

# Barwell Road Track Out

*Track 4– Week 1*



Welcome back to Track Out!

Please note that our interim director is  
Carmen Myles!

Please make note of our art  
and cooking projects for this  
week. Inform the staff if your  
child has any allergies.

## **Field Trips & More!**

**NC Museum of Natural Science**- From sea life to dinosaurs, we will explore the exhibits at the museum. Special presentations may be offered during the times that we visit. 11 W. Jones St., Raleigh 27601 (919) 773-7450

**Adventure Landing** - Participants will receive tokens for the arcade and will play one event at Adventure Landing. Extra money for snacks or more tokens is optional. 3311 Capital Blvd., Raleigh, NC 27604 (919) 872-1688

Since we are licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
  - They will be served milk at lunch
- If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



**Barwell Track Out X-Press: (919) 329-5994**  
**Director : Carmen Myles/ Assistant Director: Calvin Mitchell**

# Barwell Road Track Out

## Track 4– Week 2



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

### **Field Trips & More!**

**Bisque Art** - Participants will use their imagination and creativity at Bisque Art to paint their very own ceramics. Ceramics will be held at the store for firing and will be returned to our Track Out site on Friday for pick up upon your child's departure. 7440 Six Forks Rd, Raleigh, NC 27615 (919) 870-9377

**Hillridge Farms** – Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, fish pond, farm animal corral and more! Participants will also pick out a pumpkin from the pumpkin patch! Additional money for the gift shop is optional. We will be outside for most of our trip. Please wear cool clothing, sunscreen and bring a water bottle. 703 Tarboro Rd, Youngsville, NC 27596 (919) 556-1771

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- They will be served milk at lunch

If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



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Director : Carmen Myles; Assistant Director: Calvin Mitchell

# Barwell Road Track Out

*Track 4— Week 3*



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

## **Field Trips & More!**

**Big E Bounce-** Participants will enjoy inflatable rides AND big screen gaming systems all in one place! Socks are required to play on the inflatable rides. 1006 SW Maynard Road, Cary, NC 27511. (919) 469-2273

**AMF Pleasant Valley Bowling-** We're going bowling! Please remember to wear socks! Additional money for concessions is optional. 5501 Commercial Ave., Raleigh NC 27612 (919) 783-0080

For more information regarding our "Monster Mash" day, please see the front desk flyer, or ask any track out staff.

Since we are a licensed facility, please remember the following regarding your child:

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Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the



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